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Tyndall Air Force Base, Fla. *Gulf Defender*

Feb. 2, 2001

Team Tyndall 'excellent' in ORI inspectors' eyes

Airman 1st Class Russell Crowe
325th Fighter Wing
public affairs

Team Tyndall wrapped up the Air Education and Training Command Operational Readiness Inspection with an overall 325th Fighter Wing rating of "excellent." The good news came during the ORI out-brief Tuesday at the base theater. In addition to a full house at the theater, about 500 additional Tyndall airmen joined in the celebration via an audio feed at the Pelican Reef Enlisted Club.

"I am very proud of everyone for their hard work, dedication and team spirit," said Brig. Gen.

William F. Hodgkins, 325th FW commander. "The ORI team presented us with some significant challenges and different scenarios, but our folks pulled together, just like we had trained for and showed the inspectors that we know what we're doing and we mean business."

"We improved our performance over 1998 in every category," said Lt. Col. Richard McSpadden, 325th FW Inspector General Preparation Team chief. "Specifically, we had more 'outstandings,' more 'excellents' and less 'satisfactory,' 'marginal' and 'unsatisfactory' rat-

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Cultural celebration dates set

Tech. Sgt. Michael A. Ward
Tyndall AFB
Black Heritage Committee

February is Black History Month and Tyndall's Black Heritage Committee has two events scheduled to help celebrate the achievements and contributions of African-Americans.

The first is the Black History Month luncheon, 11 a.m. Feb. 14 at the Pelican Reef Enlisted Club.

"The luncheon is a great way for people on base to take an hour or so and learn a little more about African-American culture and history," said Master Sgt. Terrell Reid, president of Tyndall's BHC. "We encourage everyone, regardless of race, to come out to the club and enjoy this celebration with us."

The guest speaker is Col. Westanna H. Bobbitt, director of personnel for the 2001 Armed Forces

Inaugural Committee. Prior to that, she was the chief of executive services and commander of the headquarters squadron section at Air University, Maxwell AFB, Ala. She is a 1977 graduate of the University of Florida.

Tickets for the luncheon are \$7 for club members and \$9 for non-members and are available by contacting Sergeant Reid at 283-6103.

The second Black History Month event is a dinner and variety show celebrating African-American culture, Feb. 24, at the enlisted club. "We're extremely excited about this year's program," said 1st Lt. Larry Cook, entertainment chairperson, "especially since this is the first time the organization has sponsored a variety show."

The organization traditionally sponsors a fash-

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2nd Lt. Chuck E. Lee

Outstanding!

Maj. William Ferro (left), 95th Fighter Squadron maintenance officer, and Lt. Col. William Roberts, 95th FS director of operations, celebrate after receiving an "outstanding" rating during the Operational Readiness Inspection outbrief Tuesday at the base theater. More than 1,000 people packed the theater and enlisted club to see and hear the results. The 325th Fighter Wing received an overall rating of "excellent."

Tyndall program renews environmental resources

Capt. John Dorrian
325th Fighter Wing
public affairs chief

For a number of years, Tyndall has used a variety of means to assure we operate in an environmentally friendly manner, protecting both people and the environment. Environ-

mental management is a major part of our mission. Efforts are broken into four major areas or pillars: Natural Resources (managing our resources), Pollution Prevention (reducing future pollution sources), Compliance (managing our current wastes and operations), and Restoration (cleaning up the sins of our fathers).

However this wasn't always the case...hence the need for Restoration.

"The base opened in 1941. Back then, the focus was to train Army Air Corp gunners for action in World War II," said Mr. Joe McLernan, 325th Civil Engineer Squadron installation restoration program manager. "Little or no thought was given to protecting

the environment, it simply wasn't an issue. There was plenty of land and no real information on the effects of spilled or buried materials or wastes."

In keeping with acceptable practices, materials such as fuel, solvents, batteries, and other

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One suicide is one too many

Surgeon general says suicide is a community-wide problem

Leigh Anne Bierstine
Air Force Surgeon General
public affairs

WASHINGTON (AFP)—One Air Force suicide is one suicide too many, according to Lt. Gen. Paul Carlton, Air Force surgeon general.

The surgeon general is trying to combat suicides by instilling in every Air Force member that it is a community problem. That philosophy is the basis for the Air Force's community approach to suicide prevention.

"We have to stop thinking of suicide prevention as something only mental health professionals do," General Carlton said.

"All of us have a responsibility to our fellow airmen and co-workers," he explained. "Recognizing when a person is having problems and actively encouraging that person to seek help is a vital part of suicide prevention."

"We lose too many airmen to suicide in the Air Force, and it is preventable," he said. "Whatever the numbers are, we can never stop being proactive and declare victory. Instead we must continue our efforts."

Today, the Air Force is using a prevention team called the integrated delivery system that includes chaplains and professionals from mental health, family support, child and youth services and family advocacy, all working together and taking responsibility for enhancing community health and well-being.

To date, suicide-prevention efforts include an emphasis on involving and training Air Force leadership and on buddy care and annual suicide-prevention training for all military and civilians.

The Air Force also maintains a database that tracks not only suicides

but also suicide attempts.

The Air Force is not alone in its battle against suicide. David Satcher, surgeon general of the United States, described suicide as a 'serious public health problem.' Nearly 31,000 people commit suicide annually in the United States. Twenty-one active-duty Air Force people committed suicide in 2000, according to the casualty services branch of the Air Force Personnel Center.

"Currently in the Air Force, the number one reason active-duty members make an attempt on their life is due to a relationship loss — that is, break up with a boyfriend, girlfriend or spouse, or death of a family member or friend," said Master Sgt. Sandra Thornton, 325th Fighter Wing Behavioral Science Flight NCOIC. "The second reason is when an airman is facing legal issues or a possible discharge."

Raising suicide awareness is not enough, according to Lt. Col. Wayne Talcott, who leads the Air Force's suicide-prevention team.

"Our pilots are responsible for early signs of problems with their jet engines, so mechanics can intervene before engine failure occurs," Colonel Talcott said. "In the same way,

we expect our commanders, first sergeants and supervisors at every level to be responsible for their co-workers and watch for early signs of problems so we can intervene early."

"The subject of suicide is very discomforting for many people, but the first step toward preventing suicide is getting people to talk about it," Colonel Talcott said.

Colonel Talcott suggests people be alert for the following warning signs that may signal suicide intent:

- Trouble eating or sleeping
- Drastic changes in behavior
- Withdrawal from friends or social activities
- Loss of interest in work, school, etc.
- Increased use of alcohol and drugs
- Loss of interest in personal appearance
- Taking unnecessary risks
- Talking about committing suicide
- Giving away prized possessions
- Preoccupation with death

For more information on what to do if a member encounters someone with these signs, immediately contact an appropriate integrated delivery system representative: behavioral health clinic, the chaplain's office, family advocacy and the family support center.

Please call the behavioral science clinic, 283-7274 or 7511 if you need assistance.



Black History Month

February 2001

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ion show each year, but was encouraged by the success of last year's show that included some local entertainment.

"Keeping the program fresh allows us to receive the support from people who traditionally attend our shows, while bringing in new faces curious about the variety aspect," Lieutenant Cook said.

Scheduled performers include area gospel choirs, dancers, singers, a step group and a jazz band. Many of the acts, he said, have performed regularly in town.



"It's a great opportunity for us to showcase base and local talent and celebrate our culture," he said.

Tickets are \$15 per person and proceeds are used to provide scholarships to Bay area high school students. Last year the organization awarded four scholarships totaling \$1,200. Social hour is 6 p.m. and dinner starts at 7 p.m. For tickets, contact Crystal Hill at 283-6279 or Ebony Payton at 283-6236.

Editor's note: If interested in participating in, or assisting with the show, contact Sergeant Ward at 283-6114.



Bowl a few frames at Raptor Lanes

Hours of operation
Monday-Wednesday: 10 a.m.-10 p.m.
Thursday: 9 a.m.-midnight
Friday: 10 a.m.-2 a.m.
Saturday: 9 a.m.-2 a.m.
Sunday: 1-8 p.m.

Rabies virus causes problems if contracted

Capt. David Hale
60th Medical Group

TRAVIS AIR FORCE BASE, Calif. (AFPN) — Late last year, in Amador County, Calif., a 49-year-old man died of rabies. Although there was no history of a bite wound from a rabid animal, medical personnel were able to identify the probable source animal for this particular case of rabies.

The word rabies conjures up im-

ages of a dog foaming at the mouth and attacking everything in sight. Most people are aware that rabies is a disease that a person or a pet should not get, but they might be fuzzy on some of the details.

Rabies is caused by a virus. The virus is fairly fragile and does not live long outside the body of an infected animal. Only mammals, warm-blooded animals with hair, get infected with rabies. Birds and reptiles never get it and cannot spread

it. Some mammals, including most domestic caged rodents, are almost never infected.

Examples of animals of low concern are squirrels, hamsters, guinea pigs, gerbils, rats, mice and rabbits. Domestic animals that can get rabies include dogs, cats, horses and cattle. Wild animals to worry about are skunks, raccoons, foxes, coyotes and bats.

“Domestic cats run the greatest risk of becoming infected,” said

Capt. Scott Allen, 325th Services Squadron veterinarian. “Cat owners tend to let their cats roam loose more often and are less likely to get their cat vaccinated against rabies.

“It is in the pet owners’ best interests to get their dogs and cats vaccinated every year and have their pet registered on base,” he added.

On-base registration is free and allows the owner to home-quarantine the pet if it is suspected of being infected.

The rabies virus is spread in this way: An infected animal has the virus in its brain, which causes unusual and often aggressive behavior. There is also a high concentration of rabies virus in the saliva of the rabid animal.

When the infected animal bites another animal or human, the saliva gets into the wound and the virus invades nerves. The virus then trav-

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2001 - a goal odyssey?

Capt. Dave Honchul
7th Bomb Wing
public affairs

DYESS AIR FORCE BASE, Texas (AFPN) — “What are you doing, Dave?”

That line from Hal the computer in “2001: A Space Odyssey” seems extremely appropriate right now. It’s more than the fact we have reached that mystical year which seemed so far off when the movie first came out. It’s also because January is traditionally a time to reflect on where we’ve been during the previous year and a time to look ahead to the promises of a new year.

But when looking at the year ahead, it’s not only important to know what you are doing, but also what you hope to accomplish. As Hal would say, “What are your goals, Dave?”

Setting personal goals is as important as having your seatbelts fastened in your car. Your goals allow you to establish a road map of where you are today, where you want to be at some point in the future and how you are going to get there. If you don’t know where you are heading, any map will do. But with goals in mind, you can be sure to pick the right map that leads toward your destination.

Having goals gives you a sense of purpose in life. It gives you a sense of accomplishment when you achieve your goal. And if you fall short, it helps you find what the problems were and lets you reset your goals appropriately.

Sound simple? It may sound that way, but there’s more to

setting a goal than meets the eye.

First, you need to choose a goal based on performance, not outcome. Sound strange? Look at it this way: Don’t choose a goal like “being the best airman in the division.” That’s an outcome-driven goal you have no control over. Who determines who’s the best? What if your supervisor makes a poor decision which keeps you from attaining that distinction? Your goal needs to be based upon things you control, your own performance. A goal like “zero errors in my work orders processed” is something you control completely. You don’t have to rely on others in order to meet the goal.

Your goal needs to be measurable. If not, how do you know you have achieved it? Having a measurable goal not only allows you to see the actual achievement, it gives you a baseline to work from if you have to set new goals.

You have an idea for a goal, but when do you want to achieve it by? That’s the next step. You need to set a time period for the goal or you won’t really work at it. Be realistic in setting the length of time.

Goals can be set for as little as a day or as long as a few years. You have to set a fair timeline so you can make sure you are continuing down the road toward your goal.

And last, but certainly not least, you have to make your goals realistic. “Getting out of bed on time each day for a week” is not a realistic goal. Yes, it’s performance based and

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Tax tips

Homesale Exclusion - Thanks to the homesale exclusion, many taxpayers may be able to exclude all of the gain realized when they sell their principal residence. As with many tax breaks however, the homesale exclusion has special rules and conditions that must be met before a taxpayer may exclude the gain. For more information, contact the Tyndall Tax Office at 283-8152.



The ins and outs of leasing a vehicle

Michael J. Coyle
Personal Financial Management Program Manager

Having trouble deciding whether to lease your next auto? Here, according to *Consumer Reports*, are some things to consider before signing on the dotted line.

First, be sure leasing makes sense for you by answering these questions. Do you drive a lot? Are you and your family particularly tough on an auto's interior? Is your car or truck typically a magnet for grocery store shopping carts? Will you more than likely be moving during the lease period – a move that'll result in long commutes to and from work, or an assignment overseas?

These questions matter because if you lease, you'll be charged anywhere from 10 to 20 cents for every mile you drive beyond the limit of the lease. Also, at the end of the lease you'll be assessed for what the leasing company defines as "excessive wear and tear both inside and outside." And if you get transferred "across the pond," odds are that you won't be able to take the vehicle with you — which means you might get stuck making payments (and using lease time) for a vehicle you can't drive.

Second, know what's in the advertisements and what's missing. A scrutiny of the fine print typically shows that those monthly payments advertised are computed

on the basis of the manufacturer's suggested retail price of the vehicle – essentially, you'll pay top dollar for such an arrangement. Also, beware of minimal mileage allowances: 10,000 or 12,000 miles a year isn't a lot these days.

Third, keep your mind open to buying. Educate yourself about the vehicles you're considering and compare them (lease vs. financing) on an equal basis. Check your credit history at least 60 days before negotiating to finance or lease a vehicle – this will give you a chance to spot errors in your reports and enough time to have them corrected. Look for "subvented" lease deals, special deals typically offered by auto manufacturers through their subsidiary finance arm. Subvented deals usually provide incentives such as lower financing charges and manufacturer rebates and can be useful in identifying the most competitive lease terms for the vehicles you're interested in. Visit several dealers!

Fourth, negotiate the best price by first learning the language of leasing (you might see the purchase price referred to as "gross capitalized cost," the down payment as "capitalized cost reduction," the finance charge as "money factor," and the trade-in value as "residual value.") Ignore the MSRP and begin the negotiation from the invoice price (what the dealer actually paid for the vehicle). You may not realize

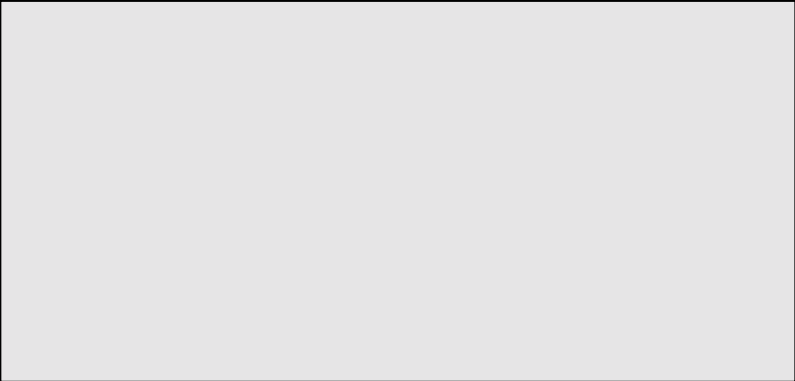
big savings on vehicles that are in short supply, but it's always best to negotiate.

Fifth, compare alternative-leasing finance companies because terms can vary significantly.


Sixth, plot your end-of-lease strategy before signing. Choose the right mileage allowance for you and consider your end-of-lease purchase option — you might insist that your lease name a specific purchase-option price as opposed to a designated formula, so you'll have a clear idea of what you'll pay if you choose to buy the vehicle.

And finally, don't get taken for a ride at lease-end. About a month before the lease is set to expire, have your leasing company inspect the vehicle and list reparable defects. Then collect bids from mechanics or body shops to help select the least expensive way to make the needed repairs. And when you return the vehicle, get a signed vehicle-inspection worksheet before you turn in the keys. Also, if you've driven all your allowed miles you may need to replace the tires (all four, because most leasing companies stipulate that the tires must match). If so, shop around, because an auto dealership will typically charge top dollar.

Finally, if you had to pay an up-front security deposit, remember to get it back! For more information, call Mr. Michael J. Coyle at 283-4204.



Need some money-saving tips?



The family support center has just what you're looking for. A self-paced, interactive personal finance program on compact disc is now available at the FSC computer resource center. Topics on the disc include budgeting, credit management, insurance, savings, investing, relocation and more! For more information, call the family support center, 283-4204.

Be wise; use proper money management.



Viewpoint

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The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129, or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the *Gulf Defender* to Tyndall base housing sections is provided by the *Panama City News Herald*.

For more information, or to advertise in the newspaper, call (850) 747-5000.

Safety stats

Category	'00	'01	Trend
On duty	1	0	-1
Off duty	10	1	-9
Traffic	5	0	-5
Sports	4	1	-3
Fatalities	1	0	-1
DUIs	14	0	-14

Commander's Corner:



Brig. Gen. Hodgkins

Brig. Gen. William F. Hodgkins
325th Fighter Wing commander

Congratulations to everyone in the 325th Fighter Wing and Team Tyndall for the stellar performance and overall “Excellent” rating achieved during the Air Education and Training Command Operational Readiness Inspection last week! Everyone at Tyndall shares in this success; military, civilians, contractors, volunteers and all the organizations that support our day-to-day efforts.

The teamwork in the 325th Fighter Wing is truly magnificent, and I congratulate each and every one of you. The “Excellent” rating on our ORI confirms and validates some important areas for us. It tells us and our leaders that we are compliant with Air Force instructions, that we are doing a superb job of executing our mission and that we are well prepared to respond to contingencies. Again, thanks for the outstanding performance, perseverance and drive it took to get us here. We’ve raised the bar for Team Tyndall—let’s maintain this standard and look ahead to gaining new ground for the future.

Now that the ORI is over, we need to look ahead. The month of February is observed as Black History Month across our nation. It’s a great opportunity to acknowledge the contributions of pioneers in the Air Force and our country who’ve left their mark on history. One most recent example is the appointment of our first black Secretary of State, Colin Powell; another is our own former AETC commander, Gen. Lloyd W. “Fig” Newton who flew 269 combat missions from Da Nang Air Base, South Vietnam, including 79 missions over North Vietnam. And a special debt of gratitude is due to those who

opened doors to our Air Force, such as the Tuskegee Airmen. These examples attest to the skills, professionalism and patriotism of those who’ve paved the way for us all to follow. So, make plans to attend the various functions this month commemorating this rich heritage.

We’ve also got a great opportunity coming up to recognize some of our top performers at the Annual Awards banquet tomorrow in the Pelican Reef Enlisted Club. It takes a great team to do as well as we did in the ORI, and to hear the achievements of our very best makes me proud to be a member of the Air Force and Team Tyndall. Congratulations to all the nominees, and thank you for all you do to serve our nation.

Also coming up fast is our next big project, the Gulf Coast Salute, our annual open house event March 24-25. The Thunderbirds and dozens of other aerial demonstrations and displays will be here for what promises to be a great event. There’s a lot of work to be done to prepare. I encourage everyone to get involved, whether it’s to serve as part of the open house committee, or to volunteer for some of the important work that will make Team Tyndall shine when our guests arrive.

On top of everything else we’ll be doing in the next several weeks, construction work will begin shortly on several projects for the F-22 beddown. Breaking ground on new facilities is an important milestone in our preparations for this new weapon system, but it is just the beginning. See the story on page one for details, and get ready for the eyes of the world to be upon Team Tyndall.

Thanks for all your hard work, and have a great week!

Action Line



2nd Lt. Chuck E. Lee

Col. Charles Shugg, 325th Operations Group commander, observes local air traffic being directed by Airman 1st Class John O'Steen, 325th Operations Support Squadron air traffic controller.

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

Action Line calls are recorded and staffed through the proper agency. The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first

sergeants or facility managers. If you’re not satisfied with the response or you are unable to resolve the problem, call me at 283-2255.

For **fraud, waste and abuse** calls, you should talk to the office of inspections, 283-4646. Calls concerning **energy abuse** should be referred to the energy hot line, 283-3995.

Brig. Gen. William F. Hodgkins
325th Fighter Wing commander

Tyndall's chapel schedule

Protestant

Communion Service: 9:30 a.m.
Chapel 1
General Protestant Service: 11 a.m. Chapel 2
Sunday school: 9:30 a.m.
Kids' Club: 2:45-5:45 p.m.
Wednesday

Catholic

Daily Mass: noon Monday through Friday, Chapel 2;

Reconciliation: After Saturday Mass or by appointment
Mass: 5 p.m. Saturday, Chapel 2
Mass: 9:30 a.m. Sunday, Chapel 2
Religious education: 10:50 a.m. Sunday
Chapel 2: 283-2925
Other faith groups: Call 283-2925

●GOALS from Page 3

measurable with a definite time span. But it’s too low of a goal and too easy to reach. Goals need to be set slightly “out of reach,” something that has to be worked on to achieve, or they accomplish nothing.

But be wary of going too far to the other extreme. Setting goals too high is just as bad because you will never achieve them. You don’t want to set yourself up for failure. It’s a delicate balance of keeping them low enough to reach but high enough to make them personally satisfying.

So what are your goals this year? Set them now and start working toward them. That way, you won’t have to wonder what you are doing or where you are heading during the year.

●ORI from Page 1

ings. Not to mention we had less 'findings' than before. That's an awesome improvement over years past — everyone can hold their heads high and be proud of the job we've done — an absolutely superb

performance."

Tyndall stands out among bases that have recently participated in ORIs, said Colonel McSpadden.

"Of the total areas — about 160 — graded during the ORI, 70 percent were rated excellent or higher,"

he said. "Plus our performance is the best in an AETC flying wing over the last year. We have the least 'findings,' the best squadron grades and the most 'outstanding' areas in AETC."

"Everyone here feels like the inspection went exceptionally well," said Chief Master Sgt. Kevin Hodges, 325th Security Forces Squadron chief enlisted manager. "We've been in 12-hour shifts since August due to large Air Expeditionary Force support requirements, but even under those circumstances our troops persevered and got through it, all the while maintaining unity and working as a team. One of the keystones to our success was the superior support we received from our security forces READY augmentees who contributed more than 8,000 hours to security forces duties. It was a tremendous effort on everyone's part and we're extremely proud of the accomplishments of our people."

In addition to the ORI out-brief, there was a post-ORI party held at the enlisted club Wednesday for all wing members. Airmen and civilians packed in during the event, which celebrated the wing's "excellent" rating.

"I want you all to know how proud we are of you," said General Hodgkins. "I'm proud, the command chief is proud, and as he said at the out-brief, General Polk is proud. You've done an excellent job. Let's keep this course and stay at this level as we prepare to invite our friends from the local community on base for the upcoming air show. Thanks Team Tyndall, we really showed them that no one comes close."



Master Sgt. Robert Delude

Airmen get ready for the mass casualty portion of the major accident response exercise during last week's Operational Readiness Inspection. Team Tyndall received an overall rating of "excellent." Airmen and civilians from the wing attended a post-ORI party Wednesday at the enlisted club.

Air Force finance web site offers 'one-stop' shopping

WASHINGTON (AFPN) — A new Air Force Financial Services Center web site has everything military and civilian members could possibly want to know about military pay, travel and even personal finance, according to Col. Gregory Morgan, director of accounting, banking and comptroller support.

"The site is designed to provide one-stop shopping on the web for our customers' financial questions and self-service transactions," Colonel Morgan said.

The site allows people to access, review, and, in a limited fashion, modify personal pay records, including allotments, W-4s, savings bond program participation and thrift savings plans (for civilians), he said.

"You can also view your latest leave-and-earnings statement or calculate how much that pay raise or promotion will mean to the bottom line," Colonel Morgan said.

To make the site as user-friendly as possible, "We have placed various links on the page to pay tables and

allowances, per diem rates, currency converters and more," said Mr. Christian Westergard, the site's project manager.

Also on the site is a link to the Employee/Member Self-Service system. Currently, only civilian Air Force employees can access EMSS; however, personal identification numbers will be mailed next week to active-duty members allowing them to create a password and log into EMSS also.

"While members can go directly to EMSS, we believe that by providing that link in addition to a wide variety of pay, travel and other information, we will provide greater customer value and interest," Colonel Morgan said.

"We have even included a personal finance link that takes you to sites with information about handling your personal finances," Mr. Westergard said. "These sites can provide you help with buying a home or a car or investing strategies."

The concept began with an idea

that with only a single mouse click, Air Force members and civilian employees can quickly locate the financial services applicable to their work and personal financial management, Colonel Morgan said.

"One of the greatest benefits of the new Air Force Financial Service Center web site is the available resources brought together in one central location," said Master Sgt. Glen Heacock, 325th Comptroller Squadron customer support section chief. "The web is specifically tailored to the military and civilian community. This site brings all financial aspects to you. Times are changing and this new site demonstrates that the Air Force has adapted to the fast changing environment of today's technology."

"This saves our customers time in searching for these resources," Colonel Morgan said. "But, more importantly, it saves them from having to wait in line at the finance customer service window."

Visit the site at: www.saffm.hq.af.mil/affsc/index/index.cfm.

Drinking & Driving
Don't Mix



Thinking about getting out? Think again!



Get the facts first. Call Chief Master Sgt. Ron Georgia, 325th Fighter Wing career assistance adviser at 283-2222 (283-Career Assistance Advice Anytime).

Tyndall plans for Raptor arrival

Master Sgt. Rob Fuller
325th Fighter Wing
public affairs

On the horizon looms a mission that will forever change air superiority as we know it — the F-22 Raptor. Clearing a path for its arrival here is a small team known as the F-22 Integration Office.

The F-22 Integration Office, which stood up in October 1999, is tasked with making sure every detail is looked after with regard to the arrival of the F-22 pilot training mission.

“Our charter is to be the wing agency representing all functional area expertise needed for beddown of the F-22 at Tyndall in 2003,” said Lt. Col. Leigh Hinkle, Chief of the Tyndall F-22 Integration Office.

The primary disciplines represented in the office are operations, maintenance, logistics, aircraft structures, security and liaison with civil engineers. The office relies on base agencies for all other functional area expertise and support as the need arises.

The first visible sign of the Raptor’s footprint appears this spring as construction begins for the first facility dedicated to this new mission at Tyndall—the academic simulator facility.

“We’re doing two projects this year worth \$25 million in military construction that encompasses four facilities,” Colonel Hinkle said. “The first project is the Academic Simulator Facility Phase I. It’s combination academic classroom training and simulator in one facility.”

The next project involves three facilities — building the low observable/composite repair facility, upgrading Hangar 4 to meet F-22 fire suppression requirements and adding F-22 training classrooms and labs on to Building 549, currently the 372nd Training Squadron, Detachment 4.

“Further out on the scope in Fiscal 2002, a \$15 million project for the F-22 combined operations and maintenance hangar and a new fuel barn is scheduled,” said Capt. Steve James, F-22 Integration maintenance officer. “A second combined operations and maintenance hangar and additions to the academic simulator building and fuel barn are slated for Fiscal 2005.”

The plans are set, the Raptor’s in

testing...what’s missing? Pilots and maintenance crews.

“Air Combat Command is putting a board together to select 16 pilots...a cadre to go to Nellis AFB, Nev. to become F-22 Initial Operational Test and Evaluation pilots,” Colonel Hinkle said. The application process is already underway. Eventually three Air Education and Training Command pilots will receive interim training at Nellis and become the initial cadre for the F-22 pilot training program at Tyndall.

“Sixteen maintenance people, due to arrive in August 2002, have been identified at the Combined Test Force at Edwards AFB, Calif., to form part of the initial cadre of maintainers at Tyndall,” Captain James said. “In the meantime, we’ll identify approximately nine people here in June, who will also be trained to be part of that cadre.”

From people to planes, the planning process for this program is enormous. The end result — America’s Air Force takes a quantum leap forward and Air Education and Training Command makes history bedding down the world’s foremost air dominance fighter.



Courtesy photo

An artist’s rendition of the F-22 education and simulator facility.

A child’s dental care begins before birth

Courtesy of the American Dental Association

Teeth begin to form between the third and sixth month of pregnancy. Good health habits are important for development of the unborn child. Unless a physician recommends otherwise, pregnant women should remember to consume dairy products, which are the best sources for calcium, the main building block for bones and teeth.

Bringing Up Baby

You can’t see them, but at birth your baby already has 20 primary teeth, some of which are almost completely formed in the jaw. Wiping the baby’s gums with a clean gauze pad after feeding will remove the plaque and bacteria that can harm erupting teeth. Usually, the first four teeth begin to appear when the baby is between age six months and one year.

The First Dental Visit

The American Dental Association recommends parents take children to the dentist by the child’s first birthday. In addition to checking for decay and other possible problems, the dentist will teach you how to properly clean your child’s teeth daily, evaluate any adverse habits such as thumb sucking, and identify your child’s fluoride needs.

Babies and Bottles

The primary (baby) teeth are very important for chewing, speaking and appearance. They also help hold space in the jaws for the permanent teeth. One serious form of tooth decay among

young children is early childhood decay (sometimes called baby bottle tooth decay). This condition is caused by frequent and long exposures of an infant’s teeth to liquids that contain sugar, such as milk (including breast milk), formula, fruit juice and other sweetened drinks.

The Growing Years

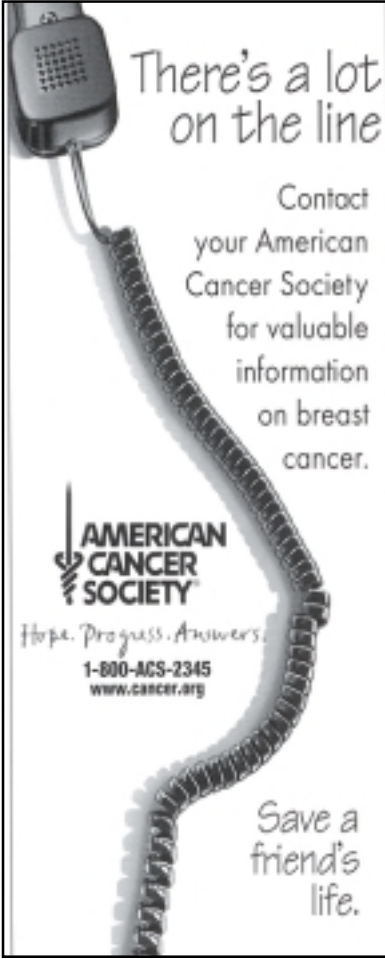
Begin brushing your child’s teeth with a little water as soon as the first tooth appears. If you are considering using toothpaste before age two, ask your dentist or physician first.

Parents need to supervise toothbrushing to make sure children over age two use only a pea-sized amount of fluoride toothpaste and avoid swallowing the toothpaste. Children should be taught to spit out remaining toothpaste and rinse with water after brushing. Most children will be able to brush on their own by age six or seven. Parents should be using floss or an interdental cleaner on their child’s teeth as soon as any two teeth touch. Cleaning between the teeth is important because it removes plaque where a toothbrush can’t reach. Brush your child’s teeth twice a day unless your dentist recommends otherwise.

Sealing Out Decay

As permanent teeth come in, talk to your dentist about having dental sealants applied to protect teeth from decay. A dental sealant is a clear material that is applied to the chewing surfaces of the back teeth where decay

●Turn to TEETH Page 15



Features

Tyndall airman prepares for Eco-Challenge

2nd Lt. Chuck E. Lee

325th Fighter Wing
public affairs

How far would you go for a good cause? Imagine it’s midnight in Alaska on the Summer Solstice, and that’s the starting point for a race that will cover hundreds of miles through snow, ice, mountains and bitter cold. Through the race, there will be little time for sleep and everything you need must be carried on your back. Your only guidance is a map and compass. One Team Tyndall member has stepped up to that challenge.

Capt. Shannon Phares, 325th Aerospace Medicine Squadron aerospace physiologist, is a member of the Wild Blue Adventure Racing team, which will be competing in the 2001 Armed Forces Eco-Challenge. The Tragedy Assistance Program for Survivors, also known as TAPS, will benefit from the race. TAPS provides assistance to surviving family members who have lost loved ones while serving in the Armed Forces.

The Armed Forces Eco-Challenge is comprised of 27 teams representing the Air Force, Army, Navy and Marine Corps. The Air Force has seven teams competing in the challenge. The Wild Blue team is a five-member team with two men and three women. Each individual has talents to contribute toward the success of the whole team. Captain Phares is no exception. “I’ve been a competitive athlete in one way or another most of my life,” she said. “The team is as fast as its slowest person, and we are all pretty well trained for this event.”

The Military Eco-Challenge will begin June 21, 2001 at midnight in the wilderness of Alaska. The event will last five to six days and will cover over 200 miles. Throughout the race, the Wild Blue team will have to endure cold and wet conditions with little sleep.

“We will get about an hour of sleep at best each night,” said Captain Phares. “It will be easier to operate with that little sleep since the sun will be shining about 24 hours a day around that time of year.”

During the race, there will be many different skills each member will put into play. To cross the finish line in an adventure race such as this one, teams must be able to utilize any non-motorized mode of travel they can think of. “There are several skills that we must be certified on for safety purposes,” she said. “This includes orienteering, rafting, canoeing, mountain biking, ice climbing and mountaineering. No matter how you look at it, this will be a hard race.”

Trained as an aerospace physiologist, the captain sees her professional qualifications and Air Force training as assets to this team. “I have a good medical background to help out in case anybody gets hurt,” she said. “I have also gone through the Air Force Arctic and Water Survival Courses, which will help out a great deal since I will have an idea of what to expect up in Alaska.”

Professional training aside, Captain Phares is an experienced athlete who has competed in several triathlons and has been a member of an elite women’s cycling team for over four years. She has been a two-time National Military Cycling Champion and California/ Nevada State Champion as well as finishing three triathlons and two adventure races. “I feel pretty confident that I’m up to the challenge,” she added.

Besides physical conditioning and skill certification, the team has to get equipped and raise funds for transportation to and from the race site. “Each team has to follow a checklist and get the specified equipment on that list to be able to compete. If somebody is missing a piece of gear, they don’t participate. That means the whole team can’t compete.” The list of gear required is extensive, ranging from ice axes and ropes to sleeping bags and kayaks. “Everything we will need and can use will be carried on our backs,” she said, “so it has to be dependable and good quality.” The required gear is selected just as much for safety as it is for usefulness during the competition.

No matter how good the gear or well trained the team is, it all boils down to one thing: teamwork. “We all need to work hard together. If one of us falls behind, we all fall behind,” she said. “I’d say teamwork will be the deciding factor in our success in this race. We all need to put our skills and talents together and make it all work for the team.”

Getting gear and traveling to the competition isn’t free, so each member attempts to raise necessary funds. “My personal fundraising goal is \$5,000,” the captain said. “The team goal is \$20,000. That includes buying mountain bicycles, kayaks, backpacks and all the other gear we need, as well as money to get us to Alaska and back.”

Crossing the finish line first will not only mean that the Wild Blue team is the military’s best adventure racing team, but it will give the team a chance to compete with the world’s best. “If we win at the Armed Forces Eco-Challenge, we will go on to compete in the World Eco-Challenge. That’s where the best of the best are.”

The goal of the Wild Blue adventure racing team is to raise awareness and funds for the TAPS program.

To get further information about the Military Eco-Challenge, the TAPS program or to sponsor the Wild Blue team, contact Captain Phares at (850) 283-7026 or e-mail her at: shannon.phares@tyndall.af.mil.



2nd Lt. Chuck E. Lee

Staff Sgt. Lawrence Aragon, 325th Aerospace Medicine Squadron aerospace physiology craftsman, spots Capt. Shannon Phares, 325th AMS aerospace physiologist, during a weight training session.



Capt. Shannon Phares prepares to participate in the 2001 Armed Forces Eco-Challenge in Alaska.

TRICARE adviser devotes time to care for military, civilian community

2nd Lt. Mike J. Tkacz

*325th Fighter Wing
public affairs*

In recent years TRICARE has evolved into a much better program than many people expected. Today it continues to be molded into an even better health-care plan.

Mr. Jim Blanchard is a beneficiary counseling assistance coordinator here at Tyndall AFB. He was hired in November 1993 and had the opportunity to experience the earlier growth period of the TRICARE system.

"I never would have believed seven years ago that we would be in the situation that we are today," said Mr. Blanchard. "The Department of Defense has offered many positive changes to assist the members."

Since TRICARE started in 1996, Mr. Blanchard has seen many of these changes improve the quality of the program. "Our contract began July 1, 1996. Preceding this start date, the latter part of 1994 and 1995, we started to brief the program and it evolved weekly. We briefed things about it at the start that changed six months later, but that was the process and that's how it flowed out. I realize now in retrospect there have been some very positive, proactive changes that have occurred and more are projected to come as a result of the National Defense Authorization Act."

Some of the following changes are:

- The elimination of co-payments for active-duty family members enrolled in prime care.

- TRICARE for life for senior beneficiaries over age 65.

- Senior pharmacy benefit for beneficiaries over age 65.

- Reduced catastrophic cap from \$7,000-\$3,000 for retirees.

"This is a quality-of-life issue and I believe senior leadership has done a truly remarkable job to better serve the needs of retired and active-duty family members," he said.

The primary roles of Mr. Blanchard's job is to advise beneficiaries of their entitlements, give assistance with unresolved claims and help Medicare patients locate care as well as several other programs. Mr. Blanchard offers a very unique perspective to his career and his duties as a counselor. He has a lot to offer the patients that come to him for counseling due to his experience both as a civil service employee and as a retired active-duty military member. Mr.

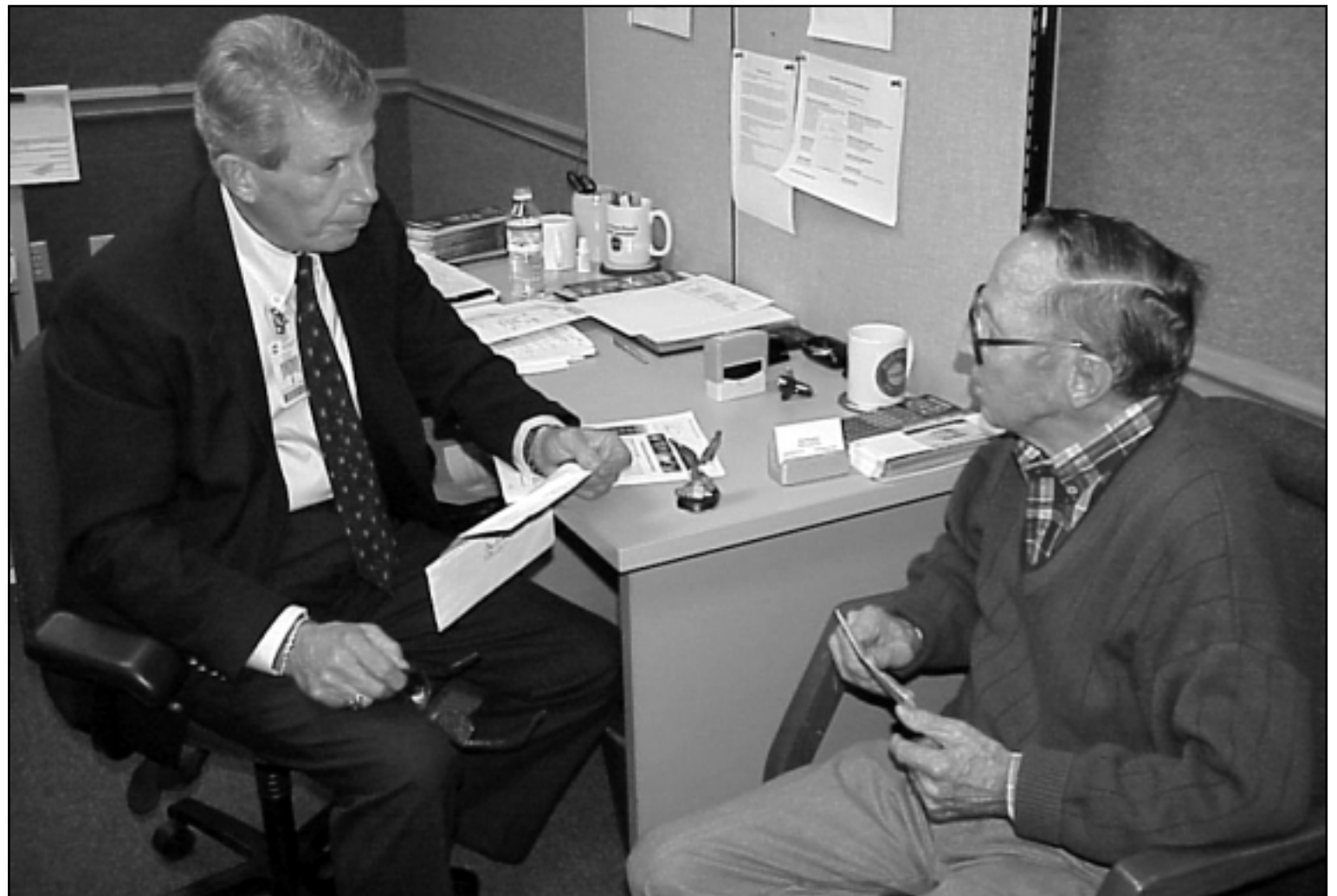
Blanchard is also a TRICARE beneficiary himself and understands how important the program is for many people. "I like to tell the patients that I work for them," he said.

Mr. Blanchard has some important advice for TRICARE members.

"One of my concerns is that when someone gets a bill, rather than questioning it, they throw



Mr. Jim Blanchard checks paperwork.



2nd Lt. Mike J. Tkacz

Mr. Jim Blanchard, a health care benefits adviser at the TRICARE Service Center, helps retired Tech. Sgt. Boe Bertel.

it away instead of calling the TRICARE Service Center or managed care office. We encourage them to give us a call if they have any question about any bill received, whether it's a bill from the hospital, a doctor or any other medical provider. When care is provided, the patient will receive a bill from the doctor. When the claim is processed for payment there should be an explanation of benefit sent out to the patient. This should be received within 30 to 40 days after the care is provided. It is important for the patient to contact either the TRICARE Service Center or our office if they have not received this explanation of benefit within this time frame. There may be something wrong with their claim. Also, if they receive this statement and they don't know how to read it or interpret the meaning of it, they should call us. The worst thing they can do is to ignore the bill or the explanation of benefit."

Mr. Blanchard has counseled countless numbers of TRICARE members through the years as a beneficiary counseling and assistance coordinator.

"The most rewarding experience with my job is having the opportunity to interact with and help others. I feel very fortunate to be working at



Mr. Jim Blanchard discusses a customer's paperwork with Staff Sgt. Robert L. Edwards.

a job that I enjoy."

And it shows. Mr. Blanchard was awarded Civilian of the Year - Category Two for the 325th Fighter Wing in 1999 and Health Benefits Adviser of the Year for the Air Force in 1995. "One very important trait I attribute to my success in this career is having the ability to orient and train about a half-dozen military health benefit advisers as well as a desire to

help other people. In addition, it's important to understand that each patient brings a different situation to the chair and that no two situations are alike. You have to be able to problem solve, know your limits and know that you have access to referral sources. I think very highly of the people that I work with and we support each other very well. This allows us to offer people the quality service that we do."

Bank extends clemency offer to delinquent cardholders

WASHINGTON (AFPN) — In an effort to minimize the consequences facing airmen who have delinquent government travel card accounts, the card’s issuer is granting a one-time opportunity for them to avoid the negative effects of credit bureau reporting.

Bank of America’s government card program officials notified senior Air Force leadership this week of a one-time clemency offer for any servicemember whose travel card account is canceled (more than 126 days past due) but not yet written off as a loss, according to Air Force finance officials.

The contract between the government and Bank of America allows the bank to report all government travelers who used the travel card and did not pay their bill, said Mr. Michael Weber, Air Force travel card program coordinator.

“The contract allows the bank to send this credit information to a credit bureau after the card is 126 days delinquent,” he said. “This could cause an Air Force member to be denied future credit for a car loan, utilities, cell phone or other purchases.”

Affected cardholders in this category can avoid being reported to credit bureaus provided the following criteria applies:

- The cardholder’s account must be less than 210 days delinquent.
- The account balance must be paid in full by April 2. Bank of America must receive the payment via normal payment methods by that date.

- Canceled accounts paid in full between now and April 2 will not be reported to the credit bureaus; however, the card will not be reinstated.

Finance officials encourage commanders, senior enlisted advisers and first sergeants to be involved in their units’ travel card program.

“This one-time clemency program is an opportunity to fix this situation that can potentially cause Air Force people grief later,” Mr. Weber said.

“This is a good program for Tyndall airmen that are delinquent to Bank of America,” said Staff Sgt. Erin Sentelle, Tyndall program manager for Bank of America. “If you pay the balance of the bill before April 2, you won’t be reported to credit agencies for collection.

“People are getting paid for their temporary duty assignments,” Sergeant Sentelle added. “The money they receive from the travel voucher should be used to pay their bill, not for personal use. We are able to split disburse travel voucher payments to Bank of America. This is a great program because you don’t have to worry about your payment being lost in the mail or not being sent out on time. We highly recommend the split disbursement option for travel.”

Commanders and senior enlisted advisers can get information on delinquent cardholders in their unit from the organization’s activity program coordinator. If the coordinators need assistance, they can call the service center at (800) 472-1424.

●RESOURCE from Page 3

items were stored, applied, and disposed of directly onto or into the ground. This has resulted in decades of pollution, much of which will not go away on its own and presents dangers to people, plants and animals. Over time, as Americans learned more about the environment, these practices were discontinued. Both government and industry realized future pollution needed to be prevented and past contamination needed to be cleaned up. The armed services became environmental stewards and caretakers of the lands entrusted to them.

The Comprehensive Environmental Response, Compensation and Liability Act and the Superfund Amendments and Reauthorization Act are laws governing restoration and cleanup aimed at old contamination (prior to 1984). The Environmental Protection Agency, state regulatory agencies and myriad other stakeholders established procedures to clean up contaminated sites. The Department of Defense got on board with those initiatives, developing their own policies and guidance. These have been implemented at bases across the country.

Plans call for sites to be identified, studied and ultimately cleaned up.

According to Tyndall restoration documents, the base began cleanup studies in 1981. The cleanup program currently includes 37 sites, 26 active and 11 closed. Most of the hazardous wastes found at the sites are related to petroleum, oil, lubricants, gasoline and

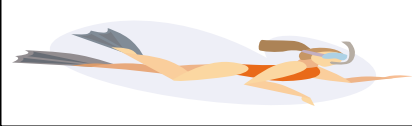
aviation fuels from fueling and fire training operations; however, metals, paints, solvents, pesticides and herbicides were also found from disposal activities.

According to Mr. McLernan, Tyndall was placed on the National Priorities list in April 1997. This list identifies sites nationwide that present the most potential risk to human health and the environment. “The site most responsible for the listing is Shoal Point (aka.Fred) Bayou. This tidal bayou is used by barges to deliver fuel and supplies to the base and is located just off the western end of the runways,” he said.

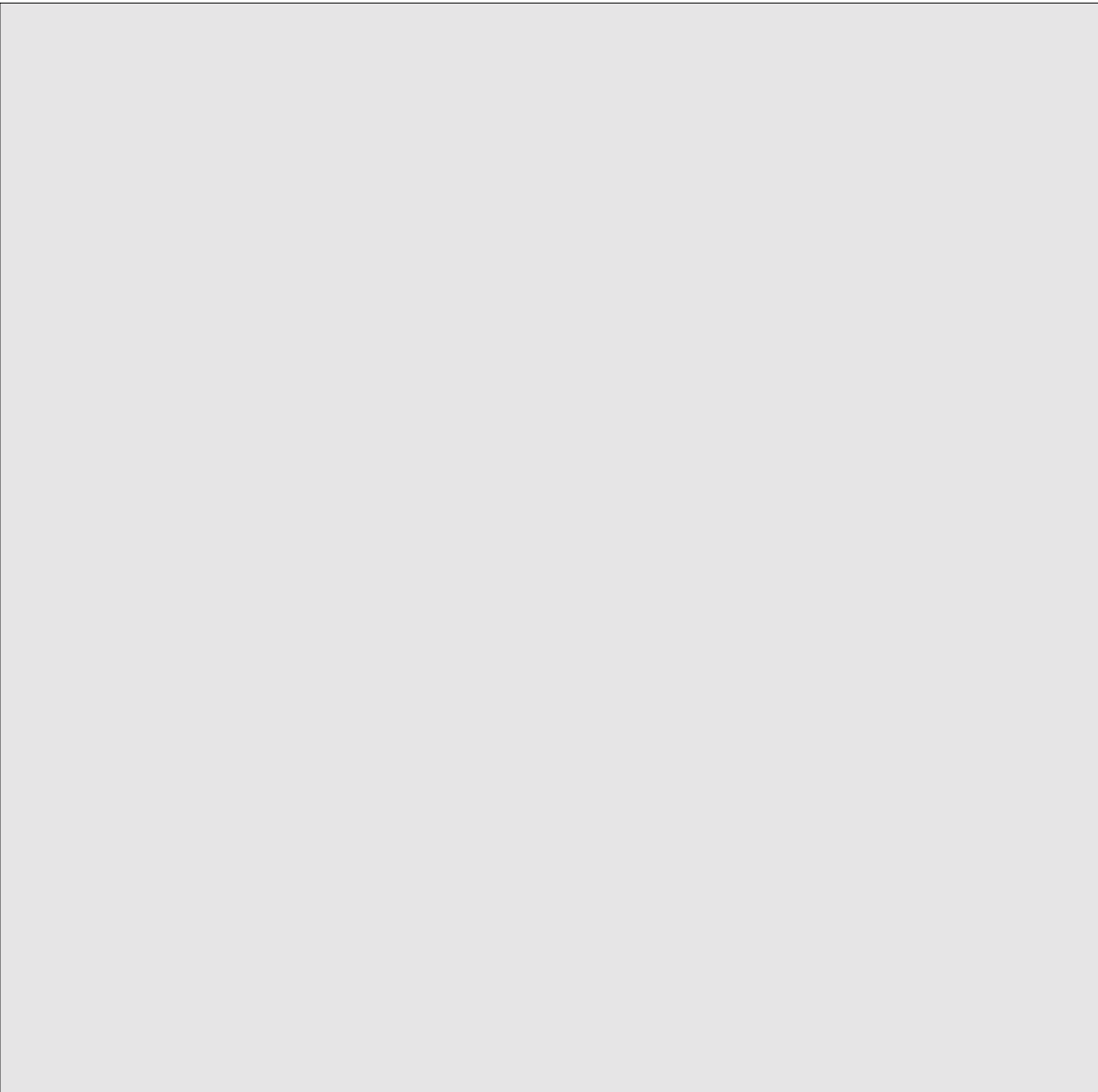
DDT, a pesticide that spreads through the food we eat, was banned in the early 1970s because of reproductive effects on some wildlife and people and was discovered in the sediment and soil in the area.

“The Air Force has invested a great deal of time and resources at Shoal Point Bayou studying DDT, the substances it breaks down into, as well as other contaminants. The current goals are to determine the extent and possible effect on people and wildlife around the bayou and determine methods to clean up the site,” Mr. McLernan said. “The Agency for Toxic Substances and Disease Registry also concluded a public health assessment in August noting that fish and sediment contamination in the bayou present no public health hazard. Even so, studies are ongoing to determine the best way to deal with the contamination.”

●Turn to RESOURCE Page 15



Every member of Team Tyndall is valuable. Play it safe, don't become a statistic.



●RABIES from Page 3

els up the nerve pathways to the spinal cord. After the virus reaches the spinal cord, it continues traveling and multiplying until it reaches the brain. Once the virus reaches the brain, symptoms begin.

The rabies virus reaches the saliva at about the same time it reaches the brain, so a rabid animal can bite another animal or person, inject the saliva into the wound, and the cycle begins all over again.

The rabies virus essentially short-circuits brain cells, resulting in a variety of symptoms in people, including headache, irritability, confusion, fever, partial or complete paralysis, very erratic behavior, convulsions and ultimately death. Once signs of rabies develop in people, they almost always die. The very few people that have survived have been permanently brain-damaged.

Animals probably experience many of the same symptoms people do; what is observed is unusual behavior such as nocturnal (active at night) animals seen during the day, wild animals that don't fear people, unusual aggression and some degree of paralysis or obvious coordination problems.

Some animals, such as skunks or bats, can appear normal but are still able to spread the virus.

At Tyndall, wild raccoons pose the greatest threat. "If you see a raccoon out in the middle of the day, it might be infected," said Captain Allen. "In this case, one should call Tyndall's natural resources office so they can trap and observe the animal to determine the threat." Natural resources can be reached at 283-2641.

Rabies in the United States is always a serious potential problem (ex-

cept in Hawaii), but the actual number of human cases in the United States for the last few years varied between one and five cases each year.

In 1998, Mexico reported 15 confirmed cases of rabies in human beings.

The frequency of confirmed rabies is much higher in wild animals than in domestic animals, largely because of rabies vaccination programs throughout the last 40 years. For example, the last confirmed case of rabies in a dog in California was in 1966. In most states, more pet cats contract rabies than dogs because people often do not bother to get their cats vaccinated.

People who are bitten, either by their own animal, another domestic animal or a wild animal, should immediately cleanse the wound thoroughly with soap and water and then get medical care. Even if they are certain the animal does not have rabies, there is still a danger of other infections and the need for further treatment, vaccinations or antibiotics. Always attempt to identify and detain the animal that caused the bite, but depending on the circumstances, sometimes this is not possible with wild animals or even domestic ones.

Whether a person needs follow-up treatment to prevent rabies, such as rabies vaccinations or rabies immune serum, depends on a lot of factors, but there are two important things to know. The disease can be prevented in people if proper treatment is started promptly. Also, the new type of rabies vaccine for humans that has been in use since the late '70s is not painful and is very safe. The old horror stories people may have heard about the pain of the shots or the side effects no longer apply.

Prevention of rabies is accom-

plished several ways.

Avoid wild mammals, especially ones that appear ill, seem to be acting strangely or nocturnal ones that are out during the day. Vaccinate pet dogs or cats. Even if the pet stays in the house all the time and has no contact with wild animals, if it bites someone, the animal will come under a lot of scrutiny. In a worst-case scenario, the pet could be euthanized for testing.

Obtaining brain tissue is still the only certain way to test animals for rabies.

Around Tyndall, avoid any contact with stray cats. Notify the Humane Society of Bay County at 763-3923 if there is a stray cat problem.

Educate children about the disease and let them know they can catch it if a domestic or wild animal bites them. And finally, be extremely careful with bats. Bats have tiny, razor-sharp teeth and can sometimes bite people without their knowledge. Any contact with a bat should be reported to public health authorities, whether military or civilian.

The man who died of rabies in Amador County was infected with the type of rabies associated with the Mexican freetail bat, which is fairly common in California. The man told medical authorities that he had handled a bat, but that it did not bite him. Rabies is statistically rare, but it is always out there in the wild animal population. A little awareness and common sense can keep it out of the human population.

Anyone with questions about rabies vaccinations and pet registration should call Tyndall's veterinary clinic at 283-4038. For on or off base animal concerns, contact the Humane Society of Bay County/ Animal Control at 763-3923.

Spotlight



2nd Lt. Chuck E. Lee

Mrs. Claudia Ames

Organization: Airman's Attic and Loan Closet

Job title: Volunteer

Years at Tyndall: Five

Hometown: Hess-Oldendorf, Germany

Why did you join the Air Force: Because I enjoy helping people.

Most exciting facet of your job: Helping airmen and active-duty Air Force members save money during their moves.

Short-term goals: Going back to college.

Long-term goals: Finishing up my degree.

Favorite book: The "Cat Who" series.

Favorite movie: "The Adventures of Robin Hood"

Hobbies and off-duty activities: Working out and reading.

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1800
ACS
2345

Your link to what's going on

Gulf Guide

in the Tyndall community

FEBRUARY

FRI
2

Quilt festival

The St. Andrew Bay Quilter's Guild's 2001 Quilt Festival is 9 a.m.-8 p.m. today and 9 a.m.-5 p.m. Saturday at the Trinity Center of First United Methodist Church, 903 East 4th St. There will be more than 120 quilts, a fashion show, a boutique of hand-made items and an auction. Admission is \$3. For more information, call Sandy Sturgis, 265-9488.

SAT
3

Annual awards banquet

The Tyndall Annual Awards Banquet will be 6 p.m. Saturday in the Pelican Reef Enlisted Club. The dress will be mess dress and semi-formal or business attire for civilians. For more information, call your first sergeant.

MON
5

Anger-management workshop

A three-session anger-management workshop will be 1-3 p.m. Monday, Feb. 12 and 26 in the family advocacy conference room. For more information, call family advocacy, 283-7272.

'Moms, Pops & Tots'

The parent and child interaction play group, "Moms, Pops & Tots," for parents and their under-age-five children meets 9:30-11 a.m. every Monday at the youth center. For more information, call 286-5812.

Investing and taxes workshop

A two-part investing and taxes bring-your-lunch workshop will be 11 a.m.-12:30 p.m. Monday and Wednesday in the family support center classroom. A professional investment representative and a certified public accountant will discuss effects of taxes on various investment vehicles. For more information or reservations, call the family support center, 283-4204.

TUE
6

Personal finance workshop

A personal finance workshop will be 11 a.m.-12:30 p.m. Tuesday in the family support center classroom. The bring-your-lunch workshop will focus on cash-flow analysis, financial goal setting and budgeting. For more information or reservations, call the family support center, 283-4204.

Couples' workshop

A four-session couples' communication workshop will be 3-5 p.m. Tuesday, Feb. 13, 20 and 27 in the family advocacy conference room. For more information or reservations, call family advocacy, 283-7272.

Civil Air Patrol meeting

Civil Air Patrol meetings for boys and girls 12 years old and older will be held 6:30-8:30 p.m. every Tuesday in Building 852. The CAP offers local and national activities with a focus on educational and professional development.

For more information, call Capt. Laura Palm, 283-7426, or Master Sgt. Perry Newberry, 283-4189.

Boating skills course

The Coast Guard Auxiliary Flotilla 19 boating skills course will be 7-9 p.m. Tuesday and Thursday evenings in Gulf Coast Community College's Student Union East building, Gibson lecture hall, Room 231. The optional full course ends March 1. The cost is \$30 for the new text and workbook. For more information, call John Clark, 271-3828, or visit the flotilla web site at: http://gctr.com/flot1_6.html.

WED
7

Stress-management workshop

A three-session stress-management workshop will be 11 a.m.-1 p.m. Wednesday and Feb. 14 and noon-2 p.m. Feb. 21 in the family advocacy conference room. For more information, call family advocacy, 283-7272.

CGOC meeting

A Company Grade Officers' Council meeting will be 4:30 p.m. Wednesday at the Tyndall Officers' Club. Discussion topics will include the upcoming Special Olympics and a bone marrow drive. All CGOs are encouraged to attend. For more information, call Capt. Mark Sotallaro, 283-2039 or Capt. Laura Palm, 283-7501.

Parenthood-preparation course

A four-session parenthood-preparation course will be 3-5 p.m. Wednesday, Feb. 14, 21 and 28 in the family advocacy conference room. For more information, call family advocacy, 283-7272.

THU
8

Palace Chase briefing

Palace Chase briefings for all those interested in the Palace Chase program will be 1 p.m. on the second and fourth Thursday of each month in Building 662, Room 222. For more information, call in-service recruiter Master Sgt. Bill Beasley, 283-8384.

Smooth-move workshop

A smooth-move workshop will be 9 a.m.-noon Thursday in the family support center classroom. All military, Department of Defense civilians and family members are invited. For more information or reservations, call the family support center, 283-4204.

TUE
13

TAP workshop

A three-day transition-assistance program workshop will be 8 a.m.-4:30 p.m. Feb. 13-15 for those leaving the military within the next 180 days. Topics will include analyzing skills, setting personal goals, starting the job search, resume writing, interview skills and more. Spouses and Department of Defense civilians are welcome. For more information, call the family support center, 283-4204.

WED
14

Fatherhood class

A three-session fatherhood class for new fathers in two-parent and single parent households will be 1-2 p.m. Feb. 14, 15 and 16 in

the family advocacy conference room. The course will provide instruction on coping with parenting responsibilities and managing and reducing stress. For more information, call family advocacy, 283-7272.

NOTES

Astronaut nomination program

The Air Force is accepting applications for highly qualified officers and enlisted members to participate in the AF Astronaut Nomination Program. Members who meet basic eligibility criteria are encouraged to apply. Volunteers may contact their local MPF customer service office for more information. Applications must be postmarked no later than April 1 and forwarded to: HQ, AFPC/DPOT3, 550 C Street, Suite 31, Randolph AFB, Texas 78150-4733.

Valentine certificate

Free Valentine's Day certificates of love and commitment can be ordered at the family advocacy center. For more information, call Sheri Ward, 283-7272 or e-mail: sheri.ward@tyndall.af.mil.

RETIREE NEWS

Pharmacy call center

A toll-free telephone line has been established to answer questions retirees may have about the TRICARE Senior Pharmacy benefit that becomes operational April 1. The Department of Defense call center, (877) 363-6337, is operational from 6 a.m.-10 p.m. Monday through Friday, except holidays.

Approximately 1.4 million Medicare-eligible uniformed services beneficiaries will qualify for the program, which gives them the same pharmacy benefit as retirees who are under age 65.

It includes access to prescription drugs not only at military treatment facilities, but also at retail pharmacies and through the DOD National Mail Order Pharmacy.

A letter explaining the program is scheduled to be sent out to eligible beneficiaries in early February. Individuals otherwise eligible for the program who turn 65 prior to April 1 qualify for the benefit whether or not they purchase Medicare Part B. However, the law mandates that those otherwise eligible and who turn 65 on or after that date must be enrolled in Medicare Part B to receive the TRICARE pharmacy benefits.

Once the TSRx benefit is operational and the first time the NMOP is used, the beneficiary must fill out a Patient Profile Registration Form and send it along with the prescription. The information from the registration form is retained on record for future refills. Patient Profile Registration forms are available at the Tyndall pharmacy as well as the managed care office.

Volunteers needed

Volunteers are currently needed at most Tyndall work centers, including the Red Cross, family services, the base chapel, medical group, golf course and the retiree activities office. Hours are flexible. For more information, call the family support center, 283-4204.

YARD SALES

The following yard sales are scheduled for Saturday: 3691-A Kisling Loop and 3445-B Andrews Loop. All yard sales are held between 8 a.m.-4 p.m.

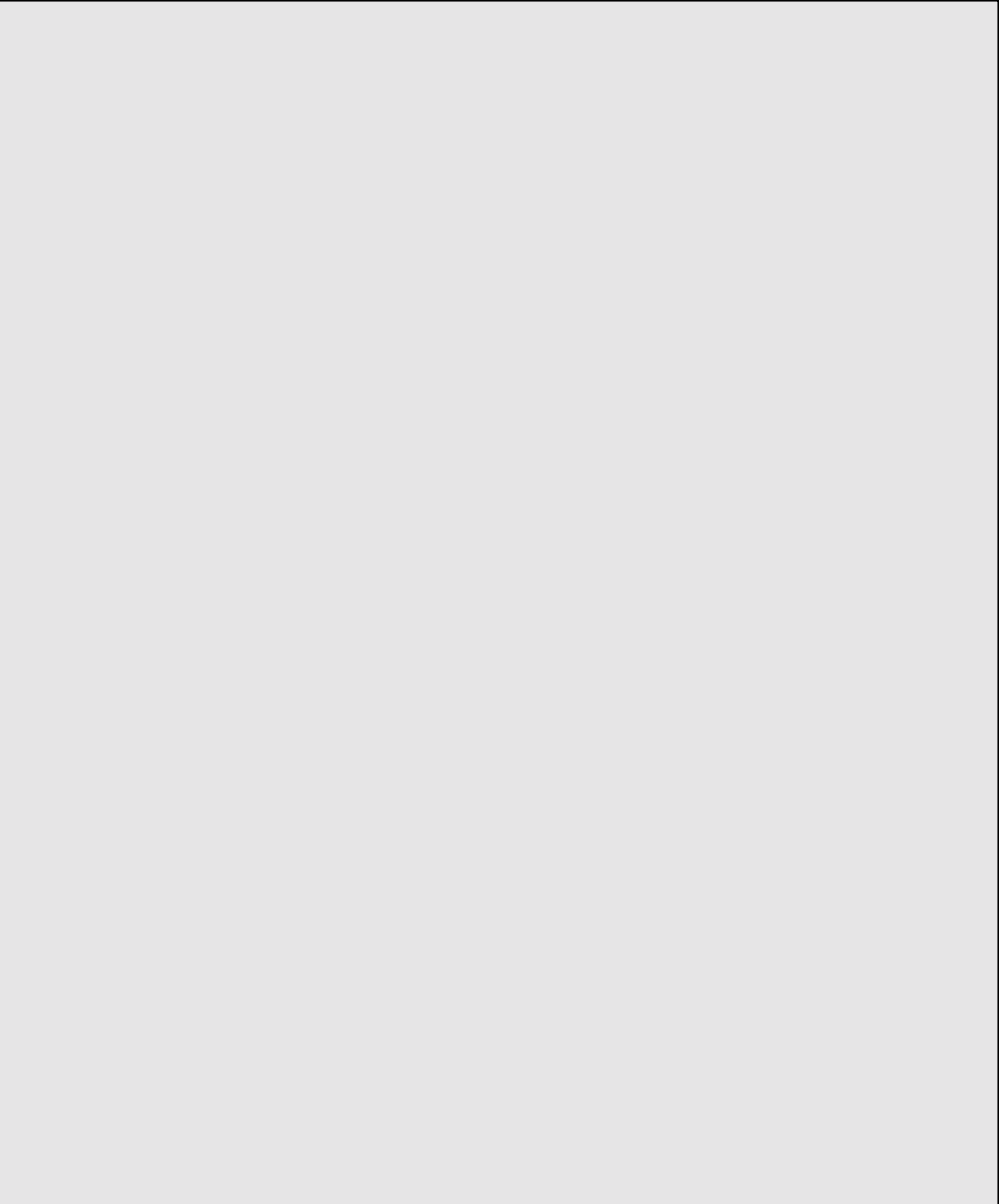
BASE THEATER

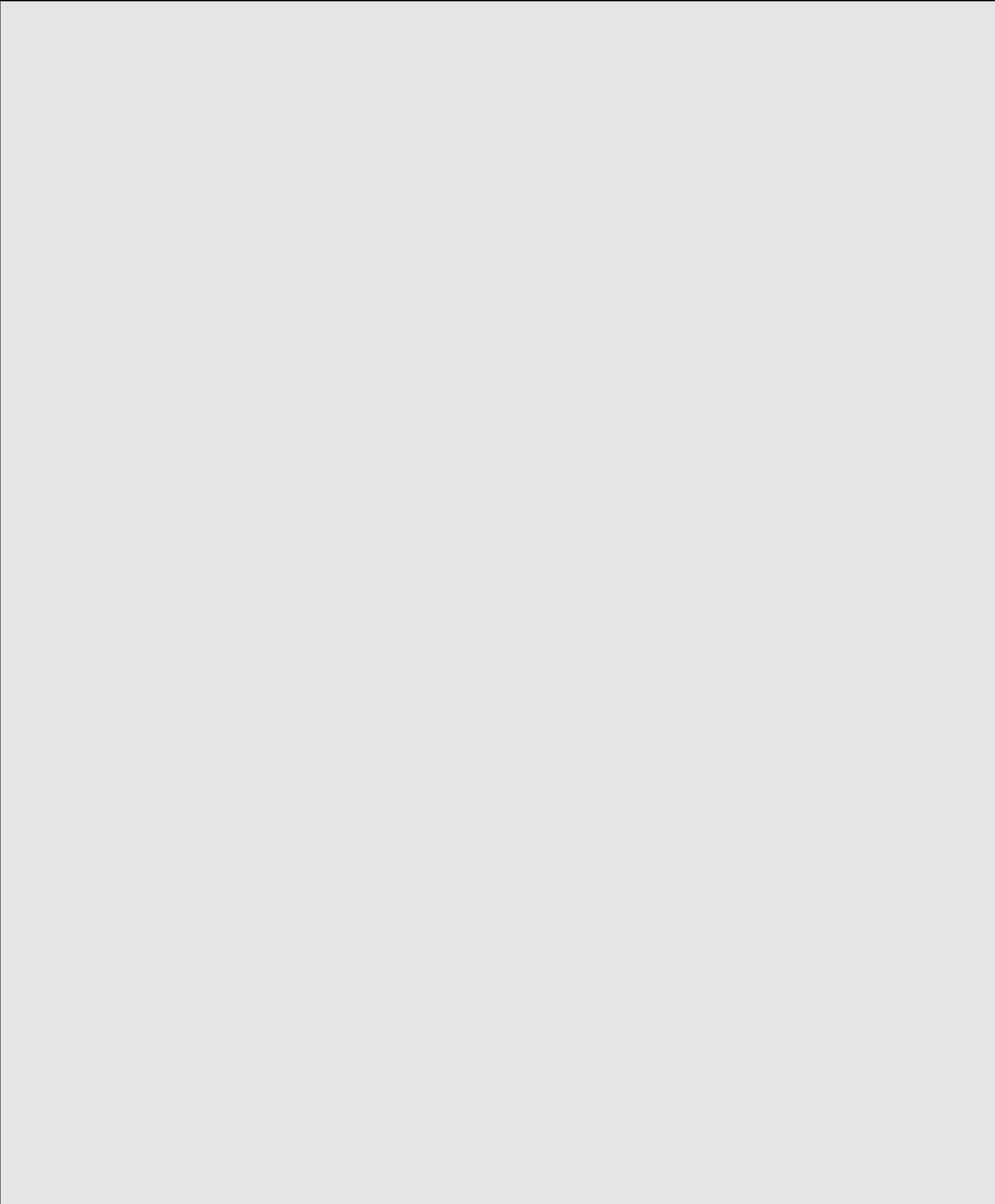
Today: "Dude, Where's My Car" (PG-13, language, sex and drug-related humor, 83 min.)

Saturday: "Dude, Where's My Car"

Sunday: "Family Man" (PG-13, sensuality and some language, 126 min.)

Thursday: "Family Man"





●TEETH from Page 7

most often occurs. The sealant acts as a barrier, protecting teeth from bacteria and the acid that attacks enamel.

Nature’s Cavity Fighter

Fluoride is one of the most effective agents for preventing tooth decay. Ask the dentist if your child is getting the proper amount of fluoride. The best way for your child to receive fluoride’s protection is by drinking water containing the right amount of the mineral. Children who from birth drink water containing fluoride on average have up to 50 percent fewer cavities. Your dentist can provide fluoride supplements for your children if you live in a community that does not have optimally fluorinated drinking water. Your dentist may also recommend office fluoride treatments.

Accidents Can Happen

Active children require proper mouth protection to prevent injuries to the face, tongue and lips — injuries that could include broken or knocked out teeth and even jaw fractures. Ask your dentist for advice on the proper mouthguard for your child, whether he or she is playing a contact sport like football or just having fun bike riding or inline skating. If an accident does happen, call the dentist as soon as possible.

What to Tell the Dentist

It’s important for parents to take an active role in their child’s oral health care. Parents should let the dentist know about their child’s health. Things parents should tell the dentist: If the child is ill; What medications the child may be taking; If the child has any known drug allergies.

What to Ask the Dentist

If you don’t understand the dentist’s recommendations for your child’s oral health treatment, don’t be afraid to ask for more information. Ask if there are other treatment options available for your child. How do the options differ in cost? Which option will

best solve the problem?

Anesthesia

Some difficult or complex dental procedures may require the dentist to administer medications to control your child’s pain or anxiety. Ask the dentist what type of medication will be used and what possible side effects it may have; ask what follow-up care may be required for the child. You may also want to ask what training and experience the dentist has had in administering these agents and what procedures are in place for the child’s safety, such as monitoring equipment and back-up emergency medical services.

Your Right to Know

Parents have the right to be carefully informed about the benefits and risks of any dental treatment for their children and to be involved in treatment decisions. You should feel comfortable that all your questions have been answered and that you understand the options before giving your consent to dental treatment.

Second Opinions

If you have talked to your dentist and are still uncertain about the treatment recommendations for your child, get a second opinion. To find another dentist, you can call the local dental society (listed in the white pages), search www.ADA.org or ask a relative or friend for a referral.

What to Tell Your Child

Children should know that the dentist is a friendly doctor who will help them take care of their teeth. Be positive and try to make dental visits an enjoyable experience for your child. Set a good example by brushing your own teeth, using floss or an interdental cleaner between your teeth once a day and visiting your dentist regularly. Attitudes and habits established at an early age are critical in helping children maintain good oral health throughout life.

Editor’s note: February is National Children’s Dental Health Month. For more information on children’s dental health or events going on this month, contact Capt. Seth McDuffie, 283-7572.

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Another site that has generated a great deal of local interest is a fuel depot located in Lynn Haven that operated from 1943 until about 1996. Fuel leached into the soil over the years, and now the Air Force and the Defense Logistics Agency are working to clean up the site.

“The timeline for a full cleanup of the depot is difficult to predict until all contaminants are assessed and clean up systems are allowed to do their work. Much of the cleanup work is dependent on Mother Nature,” Mr. McLernan said. “These things take time, but once the property has been cleaned back to a residential standard, the Air Force can find another use for the property with out any health risks or land use limits.”

For all the cleanup sites, Tyndall’s relationship with the community is tremendously important. “We’ll provide our residents and neighbors with ample opportunity to learn about what we’re doing with the cleanup efforts,” Mr. McLernan said. “We’ll hold public meetings to take input when there are key decisions to be made about how to clean up the sites, we’ll make sure information is readily available for people to find out what we’re proposing to do and we’ll brief interested parties throughout the cleanup process. We’ll also maintain our close relationship with local, state and federal government officials who have a stake in clean up activities.”

Several of the cleanup sites are nearing the point where the Air Force can make decisions about how best to clean them up. “You’re going to see a lot of installation restoration activity in 2001,” Mr. McLernan said.

Intramural basketball		
Squadron	Wins	Losses
2 FS	5	1
95 FS	5	1
TRS	5	1
SVS	4	2
COMM 1	4	2
WEG	4	2
OSS	3	3
COMM 2	2	4
MXS	2	4
MDG	1	5
1 FS	1	5
83 FWS	0	6

Intramural over 30 basketball		
Squadron	Wins	Losses
AFCESA	7	0
1 FS	5	1
OSS	4	2
TRS	4	2
SEADS	3	3
RHS	2	3
CONR	3	5
MDG	1	3
TW	2	6
LSS	0	6

Sports Shorts

- The Tyndall/King Aerospace Varsity Softball Team will begin tryouts 6:30 p.m. Monday on Falcon Field. For more information, call Master Sgt. Kevin Howell, 283-4658, or e-mail: kevin.howell@tyndall.af.mil.
- A Tyndall Fitness Center benchpress “Wall of Fame” competition started recently. Check with fitness center staff for additional details, 283-2631 or 283-2543.
- Due to a resurfacing project on the Tyndall football field adjacent to the fitness center, all personnel are requested to stay off the field until futher notice.

Tyndall classifieds

- 1999 Toyota Camry LE, excellent condition, 27,000 miles, loaded, \$21,000 OBO. Call 265-0774.
- Guitarist/singer looking for musicians interested in playing. Call Russell at 283-2965.